

Self-defense Course for the LGBTQI Community

Fall 2015 Class

Mondays November 2, 9, 16, 23, 30

6:00 - 8:00 PM

**Location: Columbus Public Health
240 Parsons Ave.**

(Parking available; located along COTA buslines)

To register or for more
information, contact

Lauren at BRAVO

614-294-7867

lauren@bravo-ohio.org



Learn **VERBAL, MENTAL, & PHYSICAL**
self-defense skills to resist an attack

This class is **FREE** and open to all **LGBTQI** people

Empowerment, Physical Activity, and **FUN** guaranteed!

This class meets for 5 consecutive weeks, two hours at a time